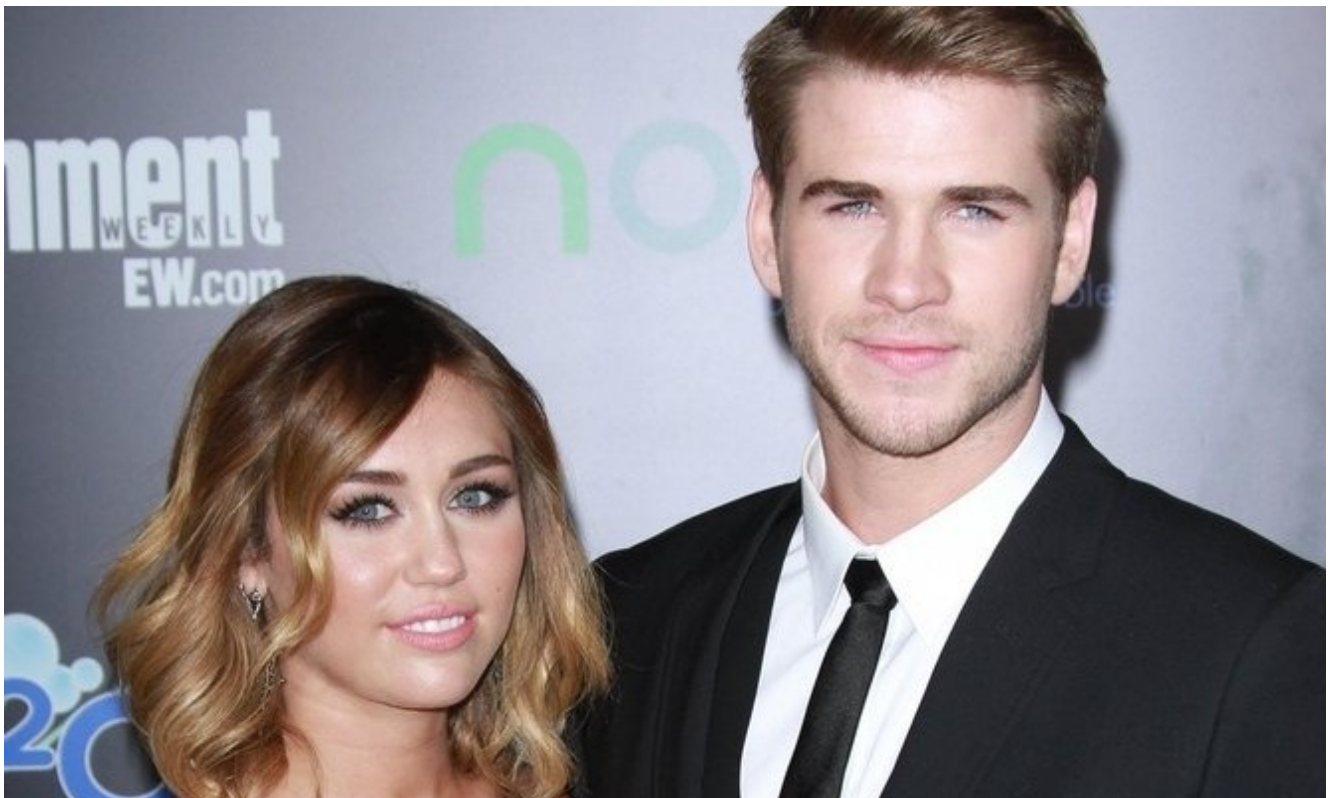


Liam Hemsworth's Ex Speaks Out About His Engagement to Miley Cyrus



Liam Hemsworth and Miley Cyrus may be marrying young, but they have support in the most surprising places. 22-year-old Hemsworth's ex-girlfriend, Laura Griffin, admitted to [Celebuzz](#) that she's surprised, but happy for the couple. She said, "If they are in love and are happy why not? I'm very happy for him." Griffin and Hemsworth dated for six years before Hemsworth left her for Cyrus in 2009.

How do you handle an ex you're not over moving on with someone else?

Cupid's Advice:

It's tough to see someone you love being happy with someone else. Here are some tips on how to handle an ex you're not over moving on:

1. Find your own happiness: You don't need one person to be happy – and if they've moved on, they clearly don't need you. Find what makes *you* happy.

2. Don't burn bridges: Your relationship worked for a reason. Don't be afraid to make friends with your ex and their new partner. It may even be beneficial for you.

3. Take it in stride: It's time for self-improvement! Your ex moving on is a sign that it's time for you to move forward, too. Take steps for bigger, better things and new love.

How do you handle an ex you're not over moving on with someone else? Let us know in the comments below.